

2019-20 WINTER PROGRAM BROCHURE

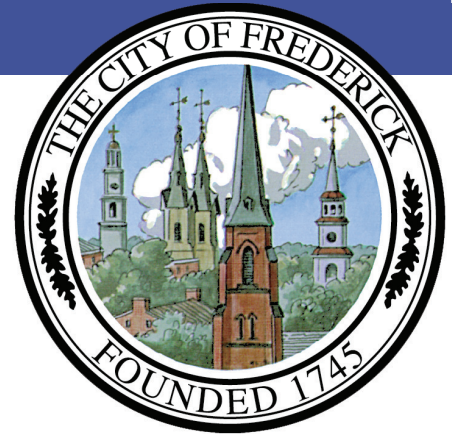
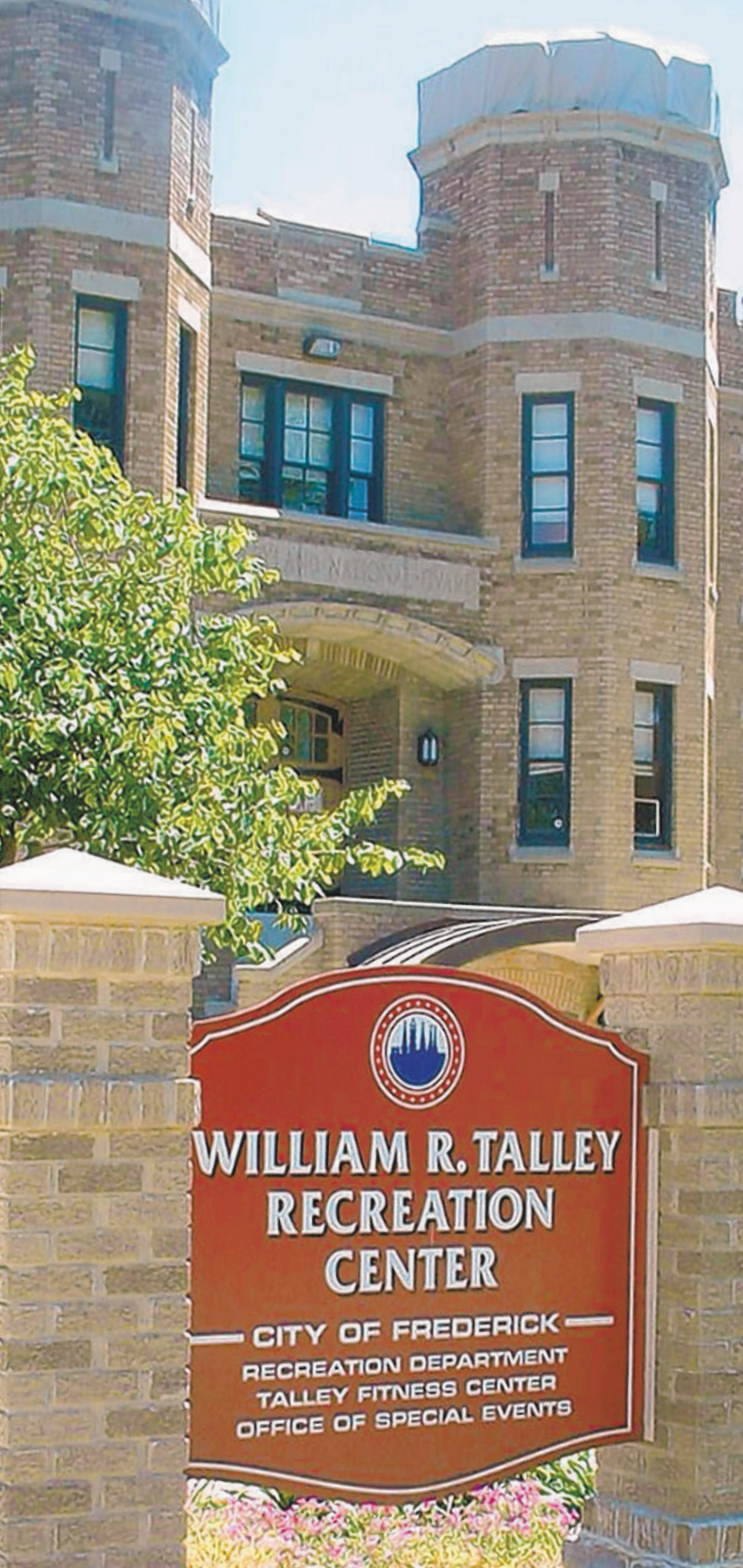


FREDERICK

PARKS & RECREATION

301.600.1492 | CITYOFFREDERICKMD.GOV





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TEEN TRIPS

Trips will be led by recreation staff. Space for each trip is limited. Please note fees only include ticket/travel/staff unless otherwise noted. Please arrive 10-15 minutes prior to departure. Trips range in sports, music, outdoor recreation, and history. Come experience something new with us!

VISIT WWW.ACTIVITYREG.COM OR CALL 301-600-1492 TO REGISTER



SKI TRIP: LIBERTY MOUNTAIN (BEGINNERS) Friday, February 7, 2020

Age: 13-17

Meeting Location: Wm. Talley Rec Center

Event Location: Liberty Mountain Resort

Depart: 3:00pm

Return: 11:00pm

Fee: \$80 City/\$90 non-city

Register by 1/27

Price includes lift ticket, one hour lesson, and equipment rental.

SKI TRIP: LIBERTY MOUNTAIN (SKILLED) Friday, January 31, 2020

Age: 13-17

Meeting Location: Wm. Talley Rec Center

Event Location: Liberty Mountain Resort

Depart: 4:00 pm

Return: 11:00 pm

Fee: \$70 City/\$80 non-city

Register by 1/20

Price includes lift ticket and rental. (You may bring your own equipment)



MUSIC: PEABODY YOUTH ORCHESTRA

Sunday, December 15 (FCPS are closed)

Age: 13-17

Dates: Sunday, 12/15

Meeting Location: Wm. Talley Rec Center

Event Location: Miriam A. Friedberg Concert Hall,
Peabody Institute Baltimore, Maryland

Depart: 6:00 pm

Return: 10:30 pm

Fee: \$5 City/\$8 non-city

Register by 12/11



WASHINGTON WIZARDS VS. MEMPHIS GRIZZLIES

Monday, December 30 (FCPS Closed)

Age: 13-17

Meeting Location: Wm. Talley Rec Center

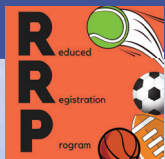
Depart: 4:00 pm

Arrive: 11:00 pm

Fee: \$15 City / \$17 non city

Register by 12/20

Fee does not include meals, only travel/admission to game.



See page 36

Tennis



Winter Wonderland Indoor Tennis

Fee: \$25 city / \$35 non city

Dates: Thursdays, 1/16 to 2/20 (6 weeks)

Ages and Times:

Tiny Tikes: Ages 4 1/2 to 7 5:00 - 5:45 pm

Shot of the Day: Ages 8 to 12 6:00 - 7:00 pm

Location: Lincoln Rec Center

Come join Frosty the "tennis" Snowman and Coach Dolly for our indoor tennis program. This 6 week program is designed to keep kids moving, active and interested in the sport of tennis. Focus on ground strokes, volleys, serves and fun tennis games like Lobster, Jail, Rapid Fire, Beat the Pro, and more!

Got Cabin Fever?

Ages: 13 to Adult (Serve/Stroke/Slice/Volley Tennis)

Fee: \$35 city / \$45 non city

Date: Thursdays, 1/16 to 2/20 (6 weeks)

Time: 7:15 - 8:15 pm

Location: Lincoln Rec Center

Swapping snowballs for tennis balls while enjoying indoor tennis. Don't allow the cold winter temperatures to freeze your tennis game. Indoor tennis will keep you sharp as you continue learning tennis drills, volleys, serves, and court dynamics taught by Coach Dolly Stewart and the tennis staff.



PRIVATE TENNIS INSTRUCTION

Learn the fundamentals of tennis. Develop your tennis game with one on one instruction. Times coordinated by the supervisor to meet instructors and participant's availability.

Age: 6 & up

Fee: Individual \$40 per hour city / \$50 per hour non city;
2 people - \$50 per hour city / \$60 per hour non city (cost is total for both)

FOR MORE INFORMATION:

Call 301-600-1492 or email Sean Poulin at spoulin@cityoffrederickmd.gov



Youth Sports

Little Hoops Basketball League – Junior Varsity



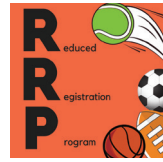
See page 36

Grades: K through 2
Date/Times: Tuesday evening practice /
Saturday morning games, beginning 1/7/20
Location: Whittier Rec Center /
Butterfly Ridge Rec Center

Fee: \$80

Individual registration only. Youth will be placed on teams by Rec. Dept. staff prior to first night. Coaches will contact players in early January. Season runs Jan. to March. Fee includes jersey and medal. **Volunteer coaches and helpers are needed!**

Little Hoops Basketball League – Varsity



See page 36

Grades: 3 through 5
Date/Times: Wednesday
evening practice / Saturday morning
games, beginning 1/8/19
Location: Thomas Johnson Rec Center /
Butterfly Ridge Rec Center

Fee: \$80

Individual registration only. Youth will be placed on teams by Rec. Dept. staff prior to first night. Coaches will contact players in early January. Season runs Jan. to March. Fee includes jersey and medal. **Volunteer coaches and helpers are needed!**

Spring Youth Soccer

*Please note the new age
classifications in accordance with US Soccer.*

Age Groups:

Under 6 - born in 2014 or 2015
Under 8 - born in 2012 or 2013
Under 10 - born in 2010 or 2011
Under 12 - born in 2008 or 2009
Fee: \$40 city / \$75 non city
Register by: 9/6/19 (Or until registration is full)
Location: Fleming Ave. in Baker Park,
Parkway Elem., Rosedale/Kidwiler Park

Individual registration only. Youth will be placed on teams by Rec. Dept. staff. Coach will contact players early April. Season runs April through early June. Games are held Saturday mornings. Each team will practice 1 night per week. Fee includes t-shirt and trophy. **Volunteer coaches and helpers are needed!**

CITY OF FREDERICK PARKS AND RECREATION

YOUTH FISHING RODEO

Free Event
Pre-registration is
not required

A limited number of rods
will be available
Bait will be provided

April 11th 10am-12pm
Ages 3-15
Prizes for fish caught and size of fish

Adult Sports & Activities



TRINITY REC CENTER | 6040 NEW DESIGN ROAD | FREDERICK, MD 21703

Pickleball

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Age: 45 & up

Fee: \$3 city / \$6 non city /

8 visit pass: \$20 city / \$36 non city

12 visit pass: \$30 city / \$54 non city

PICKLEBALL LEVELS DEFINED

Novice – Pickleball 101 graduates and new players of less than two years (exceptions may be made by staff)

Advanced Novice – individuals who have been playing more than 2 years, prefer a competitive game, but have no interest in tournament play. Should also be able to fulfill criteria for 2.0 – some 3.0 rated playing level.

Intermediate – 3 or more years of playing, non-tournament, not officially rated through USAPA and/ or able to fulfill skill criteria of 3.0 rating

Advanced Intermediate – 3 or more years of play experience, tournament player with a 3.5 - 4.0 USAPA rating and/ or can demonstrate 3.5 and up skill criteria.

Skill criteria may be obtained via a request to staff.

Trinity Rec Center

Days: Mondays & Wednesdays

Times: 9:00 – 11:00 am (Advanced Novice)

11:00 – 1:00 pm (Novice)

Day: Friday

Time: 10:00 am – 1:00 pm

(Novice and Advanced Novice)

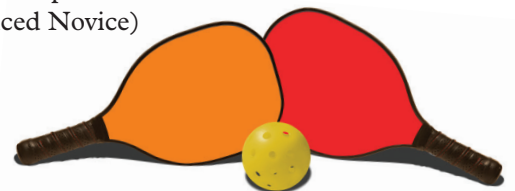
Wm. Talley Rec Center

Days: Mondays,

Wednesdays & Fridays

Times: 10:30 am – 1:30 pm

(Intermediate and Advanced Intermediate)



VOLUNTEER COACHES & HELPERS ARE NEEDED!

Interested in coaching or registering a whole team?
Contact Recreation Supervisor Sean Poulin at
spoulin@cityoffrederickmd.gov

Adult Sports & Activities

Badminton

Age: 14 & up

Dates: Tuesdays ongoing

Time: 6:00 - 9:30 pm

Location:

Trinity School gym

Supervisor: Barbara Smith

Fee: \$3 city / \$6 non city

12 day pass: \$30 city / \$54 non city

Join the fun! Participate in a fun aerobic activity, and it is a great social activity as well! Participants just need to bring a racket.



Men's Spring Basketball League

Age: 18+

Dates: Thursday's, beginning 4/2,
11 week session

Time: Game start times 6:30 - 8:30pm

Location: Butterfly Ridge Rec Center

Fee: Per team, \$400 city/\$455 non city

Individual, \$50 city/\$55 non city

(To join as "free agent")

Registration and roster deadline is 3/25

All skill levels are encouraged to play. Games are 5v5, full court. Game start times can be between 6-8 pm. Teams get seeded based on regular season record. Individual registration players will be placed on team by recreation staff. 10 player roster max. Officials are provided for games. Jerseys are not provided. Any questions please contact: Recreation Supervisor: Sean Poulin; spoulin@cityoffrederickmd.gov



Adult Co-Ed Kickball

Ages: 18 & up

Location: Baker Park

Fee: Individual \$35 City/ \$40 Non-City

Team \$260 City/ \$300 Non-City

Game Days: Wednesdays, 6, 6:30, 7 pm
start times.

Season: Begins 4/15

Register by: 4/8

League will consist of an 8 game season. All skill levels are encouraged to play. Teams consist of 8-10 players. Price includes referees. Individual registration players will be placed on team by recreation staff. T-Shirts are provided. Any questions please contact: Recreation Supervisor: Sean Poulin; spoulin@cityoffrederickmd.gov

Adult Co-ed Softball Spring

Age: 18 & up

Dates: Season starts the week of 4/6

Mandatory Coaches / Managers Meeting

3/9, 6:30 pm at Wm. Talley Rec Center

Games: Weekdays 5:30 - 10:00 pm

(Note: lights turn out right at 10:00 pm)

Playoff Tournament: Double elimination
playoff tournament

Location: Max Kehne (7th street),
Walnut Ridge, Riverwalk

Team Fee: \$640 mixed rate /
\$730 non city rate

Softball Contacts /

Important Information:

Program Coordinator, Chris Ashley
email address; hitter85@hotmail.com.

(Please contact early with intent to play in
league). Recreation Supervisor: Sean Poulin
email; spoulin@cityoffrederickmd.gov

Cut off to register teams & registration fee
due: 3/20



Go to www.frederickbocce.org and sign up for weekly status email

"Bocce in the Park" is a partnership between Frederick Bocce and the City of Frederick Parks & Recreation Department



I ♥ Bocce



All are welcome! This is a fun, friendly and easy to learn game.

Age: 8 to 100... No experience or equipment required!

When: Sunday at 6:00 PM (weather dependent, notified by email)

Location: Baker Park in Frederick, MD (W. 2nd St. near tennis courts)

Fee: FREE

Adult Sports & Activities



Volleyball

Coordinator: Stephanie Richards, srichards@cityoffrederickmd.gov
Register and pay at Wm. Talley Recreation Registration Desk or at www.activityreg.com

Monday-Friday 8:30 am - 6:30 pm, 301-600-1492

DIVISION TIMES (SUBJECT TO CHANGE):

Division 4: 12:30 pm

Division 3: 2:30 pm

Division 2: 4:30 pm

Division 1: 6:30 pm

Winter Deadline: 12/11/2019

Spring Deadline: 3/16/2020

Winter Men's & Women's Sixes Volleyball League

Age: 16 & up

Dates: Sundays, league starts, 1/5/20

Time: 12:30 pm - start time based on division

Location: Wm. Talley Rec. Center, Whittier Elementary School
and/or TJ Middle School

Fee: Per team, city resident \$190 / mixed \$210 /
non-city resident \$220

(Must have 30 % city residents on roster to qualify for mixed rate,
address verification will be required.)

League consists of 8 weeks of round robin play followed by
divisional play-offs. Teams placed in divisions based on ability/skill
levels. Skill levels range from highly competitive, skilled play to
beginner, recreational skill levels.

Winter Co-ed Fours Volleyball

Age: 16 & up

Dates: Wednesdays, league starts 1/8/19

Time: 7:00 pm

Location: Wm. Talley Rec. Center

Fee: per team, city resident \$135 / mixed \$145 /
non-city resident \$160

(Must have 30% city residents on roster to qualify for mixed rate,
address verification will be required)

League consists of 8 weeks of round robin play followed by play-
offs. Skill levels for this league range from highly competitive,
skilled play to intermediate. This is not a league for beginner or
recreational levels. Spaces for this league are limited at no more
than 8 teams.

Spring Co-ed Sixes Volleyball League

Age: 16 & up

Dates: Sundays, league start 4/12/20

Time: 12:30 pm - start time based on division

Location: Wm. Talley Rec. Center, Whittier Elementary School,
Butterfly Elementary and/or TJ Middle School

Fee: Per team, city resident \$190 / mixed \$210 /
non-city resident \$220

(Must have 30 % city residents on roster to qualify for mixed
rate, address verification will be required)

League consists of 8 weeks of round robin play followed by
divisional play-offs. Teams placed in divisions based on ability/
skill levels. Skill levels range from highly competitive, skilled play
to beginner, recreational skill levels.

Adult Sports & Activities

Spring Women's Triples Volleyball League

Age: 16 & up

Dates: Wednesdays, league starts 4/15/20

Time: 6:30 pm

Location: Wm. Talley Rec. Center, Whittier Elementary School, Butterfly Elementary and/or TJ Middle School

Fee: per team, city resident \$135 / mixed \$145 /
non-city resident \$160

(Must have 30 % city residents on roster to qualify for mixed rate, address verification will be required)

League consists of 8 weeks of round robin play followed by play-offs. Skill levels for this league range from highly competitive, skilled play to intermediate. This is not a league for beginner or recreational levels. Spaces for this league are limited at no more than 9 teams.

Spring Men's Doubles Volleyball League

Age: 16 & up

Dates: Wednesdays, league starts 4/15/20

Time: 6:30 pm

Location: Wm. Talley Rec. Center, Whittier Elementary School, Butterfly Elementary and/or TJ Middle School

Fee: per team: all city residents \$100 / mixed \$125 /
non-city resident \$155

(Must have 30 % city residents on roster to qualify for mixed rate, address verification will be required)

League consists of 8 weeks of round robin play followed by play-offs. Skill levels for this league range from highly competitive, skilled play to intermediate. This is not a league for beginner or recreational levels. Spaces for this league are limited at no more than 9 teams.



OPEN GYM

5:30PM-9:00PM

TALLEY FEES: \$2 CITY/ \$3 NON-CITY

WILLIAM TALLEY RECREATION CENTER

MONDAY: VOLLEYBALL

TUESDAY, THURSDAY, FRIDAY*, SATURDAY*: BASKETBALL

*AVAILABILITY MAY CHANGE BASED ON EVENTS



Connect with Gaming!

• **ESPORTS REC LEAGUE**

- Ages: 13 to 17
- Fee: City: \$35 Non-City: \$45
- Date: Thursdays 1/9 to 2/20 (7 weeks)
- Time: 6:00 - 7:00 p.m.
- Location: Butterfly Ridge Rec Center
- Register by: 1/6
- Ready to play! Brush up on your gaming strategies and enjoy organized play in a variety of Nintendo Switch games. Also includes registration in Super Smash Bros. Tournament play



• **SUPER SMASH BROS TOURNAMENTS**

- Ages: 13 to 17
- Fee: City: \$5 Non-City \$10
- Date: Fridays, 1/24 & 2/21
- Time: 6:00 - 8:00 p.m.
- Location: Butterfly Ridge Rec Center
- Register by: 1/22 for 1/24 or 2/19 for 2/21
- ✓ Soda and Chips
- ✓ Comfy seating
- ✓ Sweet prizes
- Come participate in one of our two Super Smash Bros. Tournaments. Earn bragging rights and become the first City of Frederick Parks and Recreation Super Smash Bros. Champion!

• **GAMING FOR GRANDPARENTS**

- Ages: 45 & Older
- Fee: City: \$35 Non-City: \$45
- Date: Tuesdays, 2/4 to 3/31 (8 weeks)
- Time: 10:30-11:30 AM
- Location: W. M. Talley Rec Center, Conference Room
- Register by: 1/31
- Do you want to be a gaming grandma? Learn how to setup, play and challenge your grandkids in video games. This will cover basic gameplay and control for a variety of Nintendo Switch games.



Junior Ranger & Ambassador



Parks & Recreation **Junior Ranger** **Program**

Age: 8-12

Dates: Wednesdays, 3/4 to 4/8
(6 week session)

Location: Wm. Talley Rec Center

Times: 5:30 - 6:30 p.m.

Fee: \$25 city / \$30 non-city

Register by 1/29

Are you ready to learn more about some great ways to have fun in your City of Frederick Parks? Youth will learn about the environment, fosters a sense of community, and encourages life-long environmental stewardship through different avenues including history, safety, park and recreation management, wildlife, and more!

CITY OF FREDERICK
JUNIOR PARK RANGER



Park Ambassador Program I

Age: 13-17

Dates: Wednesdays, 3/4 to 4/8 (6 week session)

Meeting Location: Wm. Talley Rec Center

Times: 6:30 - 7:30 p.m.

Fee: \$40 city / \$50 non-city

Register by 1/29

This program will provide service learning hour opportunities. Would you like to become a City of Frederick Parks and Recreation Park Ambassador? Ambassadors will participate in sessions on leadership, outdoor recreation, Leave No Trace, and parks and recreation programming. This program will provide service learning hour opportunities through out of program activities in parks. Participants will end session with a Saturday morning hike trip on 4/11.

Park Ambassador II Program

Age: 13-17

Dates: Wednesdays, 4/22 to 5/27 (6 week session)

Meeting Location: Wm. Talley Rec Center

Times: 5:30 - 6:30 p.m.

Fee: \$50 city / \$60 non-city

Register by 3/20

This program will provide service learning hour opportunities. Ambassadors in this advanced program will use what they learned and participated in with the Park Ambassador I program to provide hands-on service and community outreach in City of Frederick Parks. Participants will end session with an overnight backpacking trip on the Appalachian Trail 5/29-5/30.

**This QR code links to
the City of Frederick
Parks & Recreation
Department's
web page.**



Use your smart phone, Scan & enjoy!

Fencing



Fencing Basics 101

Age: 9 & up

Dates: Thursdays, 1/23 to 4/9

Time: 6:30 - 7:45 pm

Location: Trinity Rec Center

Instructor: David Copeland

Fee: \$210 city / \$215 non city

*materials fee of \$25 for glove purchase and your RTF membership due to instructor at the first class.

This class will cover the history of the sword, as it relates to fencing, dueling, and the beginnings of the sport. Students will also get a basic understanding of foil, and a basic understanding of the rules. From the first lesson and onward through the class, beginners will also acquire a basic understanding of proper footwork, blade work, form, and function. Students will also have the opportunity to fence using the same style of electronic equipment used in the modern Olympic games. Fencing gear is provided for this class.

Youth Foil 102

Age: 9 to 12

Dates: Wednesdays, 1/22 to 4/8

Time: 6:30 - 8:00 pm

Location: Trinity Rec Center

Instructor: David Copeland

Fee: 180 city/ \$190 non city

*\$75.00 Partial equipment & a \$12

RTF membership fee paid to instructor at the first class.

Once beginner course is completed, students learning foil will proceed to this class. This class focuses on tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, footwork, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training.

Adult Foil 102

Age: 13 & up

Dates: Wednesdays, 1/22 to 4/8

Time: 7:45 - 9:15 pm

Location: Trinity Rec Center

Instructor: David Copeland

Fee: \$180 city/ \$190 non city

*\$75.00 Partial equipment & a \$12 RTF membership fee paid to instructor at the first class.

Once beginner course is completed, all students learning foil will precede to this class that focuses on tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, footwork, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training.

Foil 202

Age: 9 & up

Dates: Wednesdays, 1/22 to 4/8

Time: 7:00 - 9:00 pm

Location: Trinity Rec Center

Instructor: David Copeland

Fee: \$210 city / \$220 non city

*\$12 RTF membership fee paid to instructor at the first class.

Once a student has completed two Foil 102 sessions (24 weeks) and has acquired all of his/her own gear and has a good understanding of how to referee, they would proceed to this class. This class provides more time to fence, mastering tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment.

Foil/Epee 303

Age: 9 & up

Dates: Wednesdays & Thursdays, 1/23 to 4/9

Time: Wednesdays 7:00 - 9:00 pm (Foil)

& Thursdays 6:30 - 8:30 pm (Epee)

Location: Trinity Rec Center

Instructor: David Copeland

Fee: \$285 city / \$290 non city

*\$12 RTF membership fee paid to instructor at the first class.

Duel Weapon Class. This class is for fencers who want to fence both Foil and Epee each week. Prerequisite: Foil 202 or Epee 202 Intermediates. Requires Coach Copeland's approval for entry.



Fencing & Karate



Epee 102

Age: 9 & up
 Dates: Thursdays, 1/23 to 4/9
 Time: 8:00 - 9:30 pm
 Location: Trinity Rec Center
 Instructor: David Copeland
 Fee: \$180 city/ \$190 non city
 *\$75.00 Partial equipment & a \$12 RTF membership fee paid to instructor at the first class.

Once the beginner course is completed students learning epee will proceed to this class that focuses on tactical strategies of epee, understanding tempo and timing, and holds the student to a higher physical demand. Students will learn epee blade work, footwork, acquire a good understanding of proper movement, and open bouting on electronic scoring equipment. They will spend equal time observing, refereeing, fencing, and in physical training.

Epee 202

Age: 9 & up
 Dates: Thursdays, 1/23 to 4/9
 Time: 7:30 - 9:30 pm
 Location: Trinity Rec Center
 Instructor: David Copeland
 Fee: \$210 city / \$220 non city
 *\$75.00 Partial equipment and a \$12 RTF membership fee paid to instructor at the first class.

Once a student has completed two Epee 102 sessions (24 weeks) and has acquired all of his/her own gear and has a good understanding of how to referee, they would proceed to this class. This class provides more time to fence with open bouting on electronic scoring equipment, mastering tactical strategies of epee, a greater understanding of tempo and timing, and holds the student to a higher physical demand. Students will learn to epee blade work, continue to master footwork, acquire proper movement, and will spend time observing, refereeing, fencing, and in physical training.



Golden Knights Karate Youth Beginners

Age: 5 to 14
 Dates: Mondays &
 Thursdays,
 1/9 to 2/3; 2/10 to 3/5
 Time: 6:00 - 7:00 pm

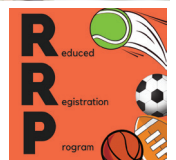
Location: Whittier Rec Center

Instructor: Scott Baldwin

Fee: \$60 (8 classes)

*Multi-member family discount cost would be \$45 for the 2nd, 3rd etc. Family member registering. First family member pays the full price.

Children beginning karate will learn in a structured and disciplined small class environment with an emphasis placed on fun so they enjoy learning the styles of Shotokan, Tae Kwon Do and Jujitsu.



See page 36

Golden Knights Karate Adult Beginners & Advanced

Age: 14 & up
 Dates: Mondays &
 Thursdays,
 1/9 to 2/3; 2/10 to 3/5
 Time: 7:00 - 8:00 pm

Location: Whittier Rec Center

Instructor: Scott Baldwin

Fee: \$60 (8 classes)

*Multi-member family discount \$45 for the 2nd, 3rd etc. family member registering. First family member pays the full price.

For teens and adults of all levels. The class will focus on all aspects of the martial arts (Shotokan, Tae Kwon do and Jiu-Jitsu) with an increased emphasis on sparring and physical conditioning.



See page 36

Tai-Chi & Qi Gong

Level 1 Tai-Chi

Ages: 18 & up

Dates: Wednesdays, 12/4 to 3/4;
(no class 12/25 and 1/1/20)
3/18 to 6/12

Time: 11:00 am - 12:00 pm

Location: Wm. Talley Recreation Center

Instructor: Cain Yentzer

Fee: \$120 city / \$130 non city
(12 week course)

This class is a New Beginners Class. Students will learn the principles of Tai-Chi and Tai-Chi body mechanics that help open the body and concentrate "Chi" bringing with it deep relaxation and health. This traditional instruction offers Tai-Chi in its centuries old spirit. It is designed for students seeking an authentic approach to the time-honored practice.

Level 4 Tai-Chi

Ages: 16 & up

Dates: Thursdays, 12/5 to 2/20;
3/19 to 6/13

Time: 6:15 - 7:15 pm

Location: Wm. Talley Recreation Center

Instructor: Cain Yentzer

Fee: \$120 city / \$130 non city
(12 week course)

This class is focused on perfecting the form and beginning to learn Push-Hands. Permission from the Teacher is needed in order to join.



Level 1 Tai-Chi

Ages: 16 & Up

Dates: Tuesdays, 12/3 to 3/3;
(no class 12/24 and 12/31)
3/17 to 6/11

Time: 6:15 - 7:15 pm

Location: Wm. Talley Recreation Center

Instructor: Cain Yentzer

Fee: \$120 city / \$130 non city
(12 week course)

This class is a New Beginners Class. Students will learn the principles of Tai-Chi and Tai-Chi body mechanics that help open the body and concentrate "Chi" bringing with it deep relaxation and health. This traditional instruction offers Tai-Chi in its centuries old spirit. It is designed for students seeking an authentic approach to the time-honored practice.

Level 3 Tai-Chi

Ages: 18 & up

Dates: Wednesdays, 12/3 to 3/4;
(no class 12/25 and 1/1/20)
3/18 to 6/12

Time: 12:00 pm - 1:00 pm

Location: Wm. Talley Recreation Center

Instructor: Cain Yentzer

Fee: \$120 city / \$130 non city
(12 week course)

This class is a continuation of Level 1. Permission from the Teacher is needed in order to join.

ABOUT THE INSTRUCTOR **Cain Yentzer**

Cain Yentzer is adept in the science and practice of Tai-Chi. Educated in Washington D.C. at the Great River Taoist Center and in the Republic of China at The National Tai-Chi Ch'uan Association.

He has since gone on to teach Tai-Chi in both the Far-East and West. His greatest pleasure is helping others find true healing and inner peace.



Beginners Qi Gong

Ages: 16 & up

Dates: Mondays, 1/6 to 2/10; 2/24 to 3/30
Time: 6:00 - 7:00 pm

Location: Butterfly Ridge Rec Center

Instructor: Pat Thompson, LAc

Fee: \$80 city/ \$90 non city (6 week class)

Qi Gong (pronounced chee gong) translates to "energy work." Join us to study the Chinese art of energy cultivation and movement. Gather and circulate internal energy with gentle and graceful movements that are combined with deep breathing techniques. We will learn a 5 Element flow that turns stress into vitality and frees energy blockages that affect our health. Enjoy yourself in a relaxing environment.

ABOUT THE INSTRUCTOR **Pat Thompson**

Pat Thompson is a licensed acupuncturist with a Master's Degree in Oriental Medicine. His primary qi gong instructor is Lee Holden, and he eventually became certified to teach under Master Holden in 2016. Pat believes that we are all entitled to a healthy life as a birthright, and this involves caring for the person as a whole. Qi Gong is a way for an individual to take charge of his or her health. Pat focuses on a 5 Element flow as a method to balance the health of our inner organs and turn stress into vitality.

Gymnastics

FLIPS GYMNASTICS | 82 WORMANS MILL CT | FREDERICK, MD 21701
SYNERGY SPORTZ | 4750 WINCHESTER BLVD, SUITE 2 | FREDERICK, MD 21703

Parent and Me

Age: 18 months to 2 yrs.

Dates: Mondays, 2/3 to 2/24;
3/2 to 3/23

Wednesdays, 2/5 to 2/26;
3/4 to 3/25

Time: 4:00 - 4:45 pm

Saturdays, 2/8 to 2/29;
3/7 to 3/28

Time: 9:45 - 10:30 am

Location: Synergy Sportz

Instructor: Synergy Sportz Instructors

Fee: \$75 (per 4 week class)

This is the perfect class for your little one to start getting involved in gymnastics. Within this class your child will be participating in the gymnastics class with your help. They will be doing fun obstacle courses, jumping on the trampoline as well as going in the pit! This class is for both boys and girls.

Tiny Tumblers

Age: 3 to 4 years

Dates: Mondays, 2/3 to 2/24;
3/2 to 3/23

Time: 5:00 pm - 5:45 pm

Wednesdays, 2/5 to 2/26;
3/4 to 3/25

Time: 4:00 pm - 4:45 pm

Time 6:00 pm - 6:45 pm

Saturdays, 2/8 to 2/29;
3/7 to 3/28

Time: 9:45 am - 10:30 am

Location: Synergy Sportz

Instructor: Synergy Sportz Instructors

Fee: \$75 (4 week class)

This will be your child's first class without a parent going into the gym with them. Within this class we will have lots of fun obstacle course to help your child with rolling, running, jumping and other motor skills. This class is for both boys and girls.



Beginner Gymnastics

Age: 5 years old and up

Dates: Mondays, 2/3 to 2/24;
3/2 to 3/23

Time: 4:00 pm - 5:00 pm

Time: 6:00 pm - 7:00 pm

Wednesdays, 2/5 to 2/26;
3/4 to 3/25

Time: 5:00 pm - 6:00 pm

Time: 6:00 pm - 7:00 pm

Saturdays, 2/8 to 2/29;
3/7 to 3/28

Time: 10:30 am - 11:30 am

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$85 (4 week class)

Our beginner class will introduce your child to the four Olympic events (Vault, Bars, Beam and Floor). Your child will be learning the fundamental skills on each of the Olympic events. These skills will help your child with developing strength as well as body awareness, flexibility, coordination in a fun and safe learning environment. This class is for both boys and girls.

Intermediate Gymnastics

Age: 5 years old and up

Dates: Mondays, 2/3 to 2/24;
3/2 to 3/23

Time: 5:00 pm - 6:00 pm

Wednesdays, 2/5 to 2/26;
3/4 to 3/25

Time: 5:00 pm - 6:00 pm

Time: 7:00 pm - 8:00 pm

Saturdays, 2/8 to 2/29;
3/7 to 3/28

Time: 10:30 am - 11:30 am

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$85 (4 week class)

Once your child has achieved the fundamental skills in the beginner class you will be asked to move your child into the intermediate class. Within this class your child will be learning the skill progresses from their fundamental skills. This class will keep working on strength and body control as well as the confidence to try new skills. This class is for both boys and girls.



Advanced Gymnastics

Age: 6 years old and up

Dates: Mondays, 2/3 to 2/24;
3/2 to 3/23

Time: 6:00 pm - 7:30 pm

Wednesdays, 2/5 to 2/26;
3/4 to 3/25

Time: 5:00 pm - 6:30 pm

Saturdays, 2/8 to 2/29;
3/7 to 3/28

Time: 9:00 am - 10:30 am

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$125 (4 week class)

Once your child has achieved the intermediate skills you will be asked to move your child into the advance class. In this class your child will work on perfecting all of the skills that they have learned as well of new skills. This class will help improve your child's body awareness in harder gymnastics skills. Your child's teacher will be doing lots of stations as well as spotting to make sure your child is learning in a safe and fun environment. This class is for both boys and girls.

Cartwheel Kids

Age: 5 to 6 yrs.

Dates: Wednesdays, 9/4-10/23, 4:30-5:30 pm
Saturdays, 9/7-10/26, 10:30-11:30 am

Location: Flips

Instructor: Flips Instructor

Fee: \$145 (8 week session)

This introductory class will teach the basics of Level 1, building the flexibility and strength to obtain the skills necessary to go to Level 2. In this class your child will work on the basics of Vault, Bars, Beam, Floor and Trampoline with an emphasis on the pull-over on bars, and a cartwheel and bridge kick-over on floor.

Gymnastics

Boy's Beginner

Age: 5 years old and up

Dates: Mondays, 2/3 to 2/24;
3/2 to 3/23

Time: 6:30 pm – 7:30 pm

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$85 (4 week class)

This class is for boys only and it will focus on the men's Olympic equipment (Floor, Pommel Horse, Rings, Vault, Parallel Bars and High Bar). Your child will be learning the fundamental skills on each of the Olympic events. These skills will help your child with developing strength as well as body awareness, flexibility, coordination in a fun and safe learning environment.

Beginner's Tumbling

Age: 5 years old and up

Dates: Wednesdays, 2/5 to 2/26;
3/4 to 3/25

Time: 5:00 pm – 6:00 pm

Time: 7:00 pm – 8:00 pm

Saturdays, 2/8 to 2/29;

3/7 to 3/28

Time: 10:30 am – 11:30 am

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$85 (4 week class)

This class will be focusing on the floor tumbling only. Within this class we use multiple stations on different training equipment to make sure that your child is learning the correct body positions, so they are able to keep progressing with their tumbling. To work on their tumbling, they will be using trampolines as well as other mats to strengthen their tumbling. This class will teach your child the fundamental tumbling skills.



Boy's Intermediate/Advanced

Age: 6 years old and up

Dates: Wednesdays, 2/5 to 2/26;
3/4 to 3/25

Time: 6:30 pm – 8:00 pm

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$125 (4 week class)

Once your child has achieved the fundamental skills in the beginner class you will be asked to move your child into the Intermediate/Advance Class. This class is for boys only. Within this class your child will be learning the skill progresses from their fundamental skills. This class will keep working on strength and body control as well as the confidence to try new skills. This class will help improve your child's body awareness in harder gymnastics skills. Your child's teacher will be doing lots of stations as well as spotting to make sure your child is learning in a safe and fun environment.

Advanced Tumbling

Age: 6 years old & up

Dates: Wednesdays, 2/5 to 2/26;
3/4 to 3/25

Time: 6:00 pm – 7:00 pm

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$85 (4 week class)

Once your child has learned the fundamental skills they will be asked to move into the Intermediate/Advance Class. When your child is in this class, they will be working on harder tumbling including flipping. Within this class your child will also be working on body awareness and control for their air awareness. To work on their tumbling, they will be using trampolines as well as other mats to strengthen their tumbling.

Level 1

Age: 7 to 12 yrs.

Dates: Mondays, 9/9-10/28, 4:30-5:30 pm
Saturdays, 9/7-10/26, 10:30-11:30 am

Location: Flips

Instructor: Flips Instructor

Fee: \$145 (8 week session)

This introductory class will teach the basics, building the flexibility and strength to obtain the skills necessary to go to Level 2. In this class your child will work on the basics of Vault, Bars, Beam, Floor and Trampoline with an emphasis on the pull-over on bars, and a cartwheel and bridge kick-over on floor.

Level 2

Age: 7 to 12 yrs.

Dates: Saturdays, 9/7 to 10/26, 11:30-1:00 pm

Location: Flips

Instructor: Flips Instructor

Fee: \$195 (8 week session)

With the completion of Level 1 your child can be in this class where they will learn how to perform a backbend, a handstand bridge, and a round-off on floor; on bars they will need to show their pull-over and back-hip-circle. This class will also work on each apparatus as they are further developing their gymnastics skills.

Back Handspring Class

Age: 8 to 14 yrs.

Dates: Saturdays, 9/7 to 10/26, 12:30-1:30 pm

Location: Flips

Instructor: Flips Instructor

Fee: \$145 (8 week session)

This class is for students to begin to learn the mechanics of a back-hand-spring, as well as perfect and strengthen their current back hand spring! They will not only work on basic tumbling skills but they will also work toward the strength and flexibility needed to do higher level tumbling skills.



Parkour Level 1

Age: 7 years old and up

Dates: Mondays, 2/3 to 2/24;
3/2 to 3/23

Wednesdays, 2/5 to 2/26;

3/4 to 3/25

Time: 4:00 pm – 5:00 pm

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$85 (4 week class)

Level 1 Parkour is designed to teach the foundations of the sport, including body awareness, control and natural movement. There are no prerequisites to participate in the Level 1 class, all skill levels are welcome to join. Participants will learn: Parkour Rolls, Basic Vaults & Variations (including: Safety, Speed, Lazy, Kong, Dash), and Precision Jumps.

Gymnastics

Parkour Level 2

Age: 7 years old and up

Dates: Mondays, 2/3 to 2/24;
3/2 to 3/23

Wednesdays, 2/5 to 2/26;
3/4 to 3/25

Time: 5:00 pm – 6:00 pm

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$85 (4 week class)

Level 2 Parkour is for those athletes who understand the fundamental skills of the sport and can perform them with ease. A major component of this class involves the improvement and adaptation of basic skills from Level 1. Participants will learn how to combine skills to create a flow of movement and transition smoothly from one obstacle to another. Additionally, participants in this class will learn how to apply the skills they learned in the gym to the outside environment. To participate in this class, participants must demonstrate a prerequisite set of skills. In this class, the following skills will be taught: Basic Flips (front, back & side), introduction to Wall Techniques, introduction to Bar (basic swinging techniques).

Parkour Level 3

Age: 7 years old and up

Dates: Wednesdays, 2/5 to 2/26; 3/4 to 3/25

Time: 7:00 pm – 8:00 pm

Location: Synergy Sportz

Instructor: Synergy Sportz Certified Instructor

Fee: \$85 (4 week class)

Level 3 is an extension of the skills learned in level 2. Successful completion of Level 2 is a prerequisite for registering for Level 3. Students will polish their skills into creating their own movement. Students will master their own movement and learn more about their body. Creativity is key, they will develop the ability to use their creativity to make up tricks and movement of their own. Skills will also be refined for advanced moves.



RUNNING PROGRAMS

Group Training Runs (hosted by Frederick Steeplechasers Running Club).

Mondays thru Thursday's meeting at 6:00pm outside the main entrance to the Talley Rec. Center (off 2nd Street). Mondays and Wednesdays are shorter more relaxed runs for everyone while Tuesday and Thursdays are when half-marathon and marathon training groups meet.

For those having discomfort issues with getting started or problems with recurring injuries, seek help with your running form and technique through Chi Running classes normally held on the 2nd Saturday of each month (see Chi Walking/Running listed alphabetically in the Programs/ Activities menu of www.activityreg.com).

Go to www.frederickbocce.org and sign up for weekly status email.

COMING SOON!



In partnership with the City of Frederick, Friends of Baker Park and Frederick Bocce, four new regulation-sized bocce courts will be constructed in the Spring of 2020. More info at frederickbocce.org.

Youth Dance & Theater Classes

DANCE UNLIMITED | 244B SOUTH JEFFERSON STREET | FREDERICK, MD 21701

Tiny Tots Dance

Age: 3

Dates: Saturdays, 1/25 to 3/28, 9:00 - 9:30 am
(No class 2/29)
Mondays, 1/27 to 3/30, 9:30 - 10:00 am
(No class 2/24)
Tuesdays, 1/28 to 3/31, 9:30 - 10:00 am
(No class 2/25)
Thursdays, 1/30 to 4/2, 4:45 - 5:15 pm
(No class 2/27)

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$125

This fun and playful 30 minute class will teach creative movement and basic ballet while also including introduction of lines, patterns and shapes. Average age is 3. Session is 9 weeks with option to continue.

Pre-Kinder Dance

Age: 4

Dates: Saturdays, 1/25 to 3/28,
9:35 - 10:20 am (No class 2/29)
Tuesdays, 1/28 to 3/31,
10:00 - 10:45 am (No class 2/25)
Thursdays, 1/30 to 4/2,
5:15 - 6:00 pm (No class 2/27)

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$150

A class especially designed with preschoolers in mind. Instruction includes intro to tap, basic ballet and creative movement while encouraging confidence and creativity in a fun and friendly environment. Youngest dancer accepted must turn 4 by 9/1/19. Session is 9 weeks with option to continue.

K-Danz

Age: 5 (Kindergarten)

Dates: Saturdays, 1/25 to 3/28,
10:30 - 11:30 am (No class 2/29)
Tuesdays, 1/28 to 3/31,
4:45 - 5:45 pm (No class 2/25)

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

Students work on ballet, tap and creative movement. Class work is structured to develop basic rhythm skills, creativity, coordination and discipline. Youngest dancer accepted must be 5 years as of 9/1/19. Best suited for kids in Kindergarten. Session is 9 weeks with option to continue.



Primary Dance

Age: 1st grade

Date: Mondays, 1/27 to 3/30,
5:00 - 6:00 pm (No class 2/24)
Thursdays, 1/30 to 4/2,
5:30 - 6:30 pm (No class 2/27)

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

The perfect combo class for the younger dancer who wants to try it all! This class will cover basic ballet & tap, as well as introduce dancers to beginner jazz skills. The class is structured to match both the motor skill development and social skills of students in 1st grade. Also appropriate for some 2nd graders. Session is 9 weeks with option to continue.

Mini Hip Hop Dance

Age: 1st to 3rd grade

Date: Wednesdays 1/29 to 4/1,
5:30 - 6:30 pm (No class 2/26)
Thursdays, 1/30 to 4/2,
5:30 - 6:30 pm (No class 2/27)

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

Perfect for the child with energy to spare! Age appropriate urban jam for the younger set fusing hip hop and jazz funk. Great for developing coordination and precision. Session is 9 weeks with option to continue.

Elementary Dance

Elementary Dance

Age: 2nd - 4th grade

Date: Tuesdays, 1/28 to 3/31,
5:45 - 6:45 pm (No class 2/25)
Thursdays, 1/30 to 4/2,
6:00 - 7:00 pm (No class 2/27)

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

Includes tap, ballet, and jazz. Students learn elementary dance steps and positions, dance terminology, musical phrasing and fun routines. General age range 7-10. (Minimum age requirement is 7 years and must be entering the second grade.) Session is 9 weeks with option to continue.

Pre-Teen Jazz & Tap Dance

Age: 4th to 7th grade

Date: Mondays, 1/27 to 3/30
(No class 2/24)

Time: 6:30 - 7:30 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

Perfect for beginning and second year students. Instruction will emphasize proper technique and body alignment, flexibility, jumps and fun choreography. Tap will include a mix of rhythm and Broadway styles. Also appropriate for some 8th graders. Session is 9 weeks with option to continue.

Acro for Dancers (Level I)

Age: 2nd to 5th grade

Date: Thursdays, 1/30 to 4/2
(No class 2/27)

Time: 6:30 - 7:30 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

Class will improve strength, flexibility and stamina, resulting in a more powerful and enhanced dance performance. This specific level is for the beginner gymnast working on cartwheels, round offs, backbends and assorted rolls. Session is 9 weeks with option to continue.

Youth Dance & Theater Classes

Youth Hip Hop

Age: 4th to 7th grade

Date: Mondays, 1/27 to 3/30,

5:30 - 6:30 pm (No class 2/24)

Thursdays, 1/30 to 4/2,

6:45 - 7:45 pm (No class 2/27)

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

It's time to get funky! Come explore the dynamic world of hip hop through a high energy class designed for your pre-teen dancer. Learn isolations and explosive moves that make hip hop so fun and exciting. Session is 9 weeks with option to continue.



Teen Hip Hop

Age: 8th to 12th grade

Date: Tuesdays, 1/28 to 3/31 (No class 2/25)

Time: 4:45 - 5:45 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

A mix of urban, contemporary and "new style" dance - a fast paced & high energy class for teens who love hip hop. Session is 9 weeks with option to continue.

Teen Jazz 1

Age: 13 - 18

Dates: Tuesdays, 1/28 to 3/31 (No class 2/25)

Time: 5:30 - 6:30 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

Dancers will enjoy the fast pace and high energy of this fun jazz class. Enjoy learning combinations to current pop tunes and classic Broadway hits. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.

Teen Lyrical/ Contemporary 1

Age: 13 - 18

Dates: Wednesdays, 1/29 to 4/1

(No class 2/26)

Time: 6:30 - 7:30 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

Contemporary and lyrical have taken over the dance world. This wildly popular style of dance takes your traditional ballet to a new modern level of expression and interpretation. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.

Teen Tap 1

Age: 13 - 18

Dates: Wednesdays, 1/29 to 4/1

(No class 2/26)

Time: 5:30 - 6:30 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

A fun mix of Broadway and Rhythm styles will keep dancers excited and engaged from week to week. Class will progress through a warm up, floor crossings and mini combinations while fine tuning rhythm skills, accents and dance flow. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.

Teen Ballet 1

Age: 13 - 18

Dates: Mondays, 1/27 to 3/30

(No class 2/24)

Time: 8:00 - 9:00 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

Ballet is the basic foundation for most styles of dance. Class will stress proper technique, alignment and terminology using a combination of barre, center and across-the-floor work. Dancers will also improve their balance and poise. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.



Kids Acting

Age: K to 1st grade

Date: Mondays, 1/27 to 3/30

(No class 2/24)

Time: 4:45 - 5:30 pm

Location: Dance Unlimited

Instructor: Susan Thornton

Fee: \$150.00

The perfect introduction to acting for the young performer! Students will bring stories to life through fun games and activities while learning theatre terms and vocal skills. Creative drama is a great way for kids to learn confidence and poise! Session is 9 weeks with option to continue.

Dance for Musical Theatre

Age: 10+

Dates: Mondays, 1/27 to 3/30 (No class 2/24)

Time: 4:30 - 5:30 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$180

This class is perfect for preteen performers trying to boost their dance ability for school or community theatre shows & auditions. Class will include jazz & tap and is designed to help performers gain skills and confidence in musical theatre dance. Several combinations will be taught throughout the year, focusing on character and interpretation of some of your favorite musicals from the stage and screen. Session is 9 weeks with option to continue.



Theater Classes

Youth Acting 1

Age: grades 2nd to 3rd

Dates: Tuesdays, 1/28 to 3/31 (No class 2/25)

Time: 4:30 - 5:30 pm

Location: Dance Unlimited

Instructor: Susan Thornton

Fee: \$180

This class introduces children to theater with activities and games that get them on their feet using their voices and bodies to create characters while learning stage terms, concentration and skills that will improve speaking and help them gain confidence and poise! Session is 9 weeks with option to continue.

Youth Acting 2

Age: grades 4th to 5th

Dates: Wednesdays, 1/29 to 4/1,

4:30 - 5:30 pm (No class 2/26)

Thursdays, 1/30 to 4/2,

5:45 - 6:45 pm (No class 2/27)

Location: Dance Unlimited

Instructor: Susan Thornton

Fee: \$180

This class uses theater activities and exercises to teach students how to project, enunciate and properly use their bodies on stage. Pantomime and improvisation are introduced along with monologues to develop focus and memorization skills. Session is 9 weeks with option to continue.

Youth Acting 3

Age: grades 6th to 8th

Dates: Tuesdays, 1/28 to 3/31,

5:30 - 6:30 pm (No class 2/25)

Tuesdays, 1/28 to 3/31,

6:30 - 7:30 pm (No class 2/25)

Location: Dance Unlimited

Instructor: Susan Thornton

Fee: \$180

This class uses monologues, pantomime, concentration games and theater activities to improve students' public speaking and stage movement. Scenes are introduced to work on character development and memorization skills. Students can volunteer to be MC's and backstage crew for the Dance Showcases held throughout the year in the Performing Arts Factory's theater. Session is 9 weeks with option to continue.

Old Route 66,
New Mexico

MRPA Conference, Ocean City



Beach Volleyball,
India

WHERE DO YOU RECREATE?

Take a photo with our brochure where you play and we'll put it
in our next brochure!



CHOREOGRAPHED BALLROOM DANCE FOR EVERYONE!

Ballroom Dance in Frederick has been providing dance instruction for 18 years. Denise Mayer is a member of the N.D.C.A. and I.S.T.D. All of the instructors are well trained and know both the Leader's and Follower's part. Located at 7313 - R Grove Rd, the studio boasts a 2,550 square foot floating wooden floor and mirrors. We offer public Saturday evening dance every weekend except Christmas. Dress is casual for classes; shoes are important, no rubber-soled or gym shoes, no open toed or sling back shoes. If it is wet outside, please bring your shoes to class. Dancers dance in ballroom dance shoes, which have suede soles. It is not necessary to purchase or start with dance shoes right away.

Beginning Waltz, Fox Trot and Swing, Rumba, Cha Cha & Tango

Age: 14 & up

Dates: Thursdays, 12/5 to 1/30
(no class 12/26 & 1/2 –
additional class on 12/6);
1/8 to 2/26; 2/6 to 3/26;
4/2 to 5/21

Wednesdays, 3/4 to 4/22;
4/29 to 6/24 (no class 5/27)

Time: 8:30 - 10:00 pm

Location: Ballroom Dance in Frederick /
7313 - R Grove Road

Fee: \$185 per person for 8 week session
plus 4 public dances.

We will be covering the dance rhythms of Waltz, Fox Trot and Swing the first 4 weeks, and Cha Cha, Rumba and Tango the second 4 weeks. We not only use music from the 30's, 40's and 50's, but many contemporary tunes. Singles and couples are welcome. Public dances every Saturday from 8:00 -11:00 pm, where students can practice.

Adult Dance

Beginning Rumba, Cha Cha & Fox Trot

Ages: 14 & up

Dates: Tuesdays, 1/7 to 2/11 (Session I)
3/3 to 4/7 (Session II)

Times: 4:00 pm – 5:30 pm

Location: Wm. Talley Rec Center

Instructor: Regine A. Schwab

Fee: \$65/person, \$110/couple (6 weeks)

Don't let winter's cold keep you indoors! Spring is on the way and so are weddings, graduations and so many other celebrations! Come join this fun and exciting class learning the basics in Rumba, Cha-Cha and Fox Trot. Classes will teach you basic dance steps, as well as dance rhythms, timing and styling. Bring a friend or come by yourself... Singles and couples are welcome! Questions? Send email to regineschwab@gmail.com or call/ send text to 301-676-0665.

Line Dancing Instruction

Age: 12 & up

(min. 4 participants)

Dates: Mondays,
11/25 to 12/30;
1/13 to 2/10;
2/24 to 3/30

Wednesdays, 11/27 to 12/18*
(no class 12/25, 1/1/20);
1/15 to 2/12; 2/26 to 4/1

Time: 7:00 - 8:00 pm, Beginner

8:00 - 9:00 pm, Intermediate*

*(Offered on Wednesdays only)

Location: Wm. Talley Rec Center

Instructor: Raymond Crum

Fee: \$35 city / \$40 non city (6 week session)

*\$24 city / \$27 non city (4 week session)

What a great way to exercise and have fun at the same time! Beginner participants will learn the various dance steps, and put these steps to several different dances. In the intermediate class student will incorporate combos, and learn some other dances.

Adult Ballet

Age: 18 & up

Dates: Thursdays, 1/30 to 4/2
(No class 2/27)

Time: 7:00 - 8:00 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$150

Class will focus on traditional barre, center work, and short combinations to promote good technique and enhance posture, as well as variations with both and classical and modern flare. Session is 9 weeks with option to continue.

Adult Tap

Age: 18 & up

Dates: Wednesdays, 1/29 to 4/1
(No class 2/26)

Time: 7:00 - 8:00 pm;

(Intermediate/Advanced level),

8:00 - 9:00 pm (Beginner level)

Location: Dance Unlimited

Instructor: Donna Grim

Fee: \$150

A mix of Broadway and rhythm tap for the adult tapper, designed to improved coordination, balance and agility. Whether you're new to dance, experienced or somewhere in between, you'll get a good workout and enjoy new challenges each week. Session is 9 weeks with option to continue.

Adult Jazz

Age: 18 & up

Dates: Thursdays, 1/30 to 4/2
(No class 2/27)

Time: 8:00 - 9:00 pm

Location: Dance Unlimited

Instructor: Dance Unlimited Staff

Fee: \$150

Jazz combines the technique of ballet with the modern forms of current dance styles to create a high energy and very popular style of dance. Through warm ups, floor crossings, combos and other exercises, you will improve on flexibility while fine tuning technique, musicality and style. Session is 9 weeks with option to continue.



Square Dancing for FUN!

Age: 16 & up

Dates: Wednesdays, 1/8 to 2/26
3/11 to 4/29

Time: 1:30 - 2:30 pm

Location: Trinity Rec Center

Instructor: Robert Abdinoor

Fee: \$24 city/ \$32 non city (8 week courses)

Experience the FUN, joy and camaraderie of square dancing without having to complete a formal square dancing program. The emphasis will be on "dancing" rather than "learning." A few calls will be taught and then danced in a simple pattern. New calls and choreography will be added each week.

Adult Dance



DRC African Dance

All Ages are welcome

Date: Friday, 1/10 to 2/28

Time: 4:00 – 5:00 pm

Location: Wm. Talley Rec Center

Instructor: Francine Kasende

Fee: \$120 city/ \$150 non city (8 sessions)

Music and dance are of huge importance to African people. There is a wide variety of dance styles in Africa, and each dance type is distinct because of the cultural differences in melodies and movements. Almost all African dances are accompanied by rhythmic music that typically includes the beating of different types of drums, vocals and/or stumping of the feet. The African dance is a creative way to raise awareness about culture, but also helps anyone build self-esteem and musical talent. In Africa, dance has nothing to do with being skilled or not; you just need to feel the beat and start moving. So, whether you're new to the African dance, experienced or somewhere in between, join our class. This is open to anybody capable of moving. Join us to dance the contemporary and traditional African dances.

P.S: Bring your own African dance outfit (leggings, ankara and waist support). If you don't have it, you can purchase it during class. We encourage you to invite your friends and relatives for a performance presentation at the last session.

PRE-REGISTRATION IS REQUIRED - SIGN UP TODAY! **GETTING PAID TO TALK: MAKING MONEY WITH YOUR VOICE**

ONE DAY ONLY!

Tuesday, December 12, 6:30 - 9:00 pm

Wm. Talley Rec Center

Instructor: Voice Coaches

Ages: 18 & up • Fee: \$25 city / \$35 non city



Whether you've been told you have a great voice, had compliments on your speaking style, or use effective communication in a current profession, this workshop will give you a behind-the-scenes look at how people make money every day with their voices. From audio books and training material, cartoons, documentaries, commercials and more, this workshop will introduce you to the growing field of voice-over. Today, opportunities for voice professionals have increased dramatically and unlike a decade ago, the range of voices cast for these opportunities continue to grow. Skilled voice professionals are more in demand than ever before.

Join us to learn what the pros look for and how to avoid many common mistakes. We'll help you avoid web-based pitfalls and instead develop an action plan designed to build lasting success close to home! We'll discuss industry pros and cons, answer questions, and play samples from working voice professionals. We'll also give you an opportunity to record a short script under the direction of your instructor.

This seminar is fun, realistic, and a great first step for anyone interested in the voice over field.

American Red Cross Training



American Red Cross Babysitters Training

Age: 11 to 15 years old

Date: Thursday, 12/26 & Friday, 12/27

(participants MUST attend both classes)

Time: 10:00 am – 2:00 pm

Location: Wm. Talley Rec Center

Instructor: Jennifer Mogus

Fee: \$75 City / \$90 non city

To provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Course materials will be provided in electronic format. Please bring a snack and lunch to class. Participants may want to take the American Red Cross First Aid/CPR/AED program to enhance their knowledge and certifications. The City of Frederick will be offering this separate class on Saturday, December 14.



Adult and Pediatric First Aid/CPR/AED

Age: 11 & up

Date: Saturday, 12/14 or 1/11

Time: 9:00 am – 4:00 pm (one hour break for lunch)

Location: Wm. Talley Rec Center

Instructor: Jennifer Mogus

Fee: \$75 City / \$90 non city

The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. Course materials will be provided in electronic format.



**American
Red Cross**

Essential Oil Classes



Oils for Vitality of Life

Age: 18 & up

Dates: Wednesdays, 1/15 to 1/29;
Mondays, 4/27 to 5/11

Time: 10:30 am -11:30 am

Location: Wm. Talley Rec Center

Instructor: Aleena Steele

Fee: \$55 (3-week course)

Want to learn more about how essential oils can support your health? Keep those winter germs and spring seasonal threats away! Learn the basics of essential oils use. You will know how, when and where to use your oils to help support your body in many ways. Covered in the class are the foundations of essential oils, science, daily vitality, weight control, emotions, personal care, kids, and the AromaTouch application technique. Other topics include: arthritis, joint and muscle pain, tension, restful sleep, circulation, aromatherapy and mood support, and oils for pets. Everyone will receive samples of products to bring home throughout the classes.

Essential Oil for the Active Adult

Age: 50 & up

Dates: Wednesdays, 3/18 to 3/25; 4/22 to 4/29

Time: 10:30 am -11:30 pm

Location: Wm. Talley Rec Center

Instructor: Aleena Steele

Fee: \$45 (2-week course)

Learn the basics of essential oils use. You will know when, how and where to use your oils to help support your body. Some of the areas we'll learn about are: arthritis, joint and muscle pain, tension, restful sleep, circulation, aromatherapy and mood support, oils for pets and much more. Everyone will receive sample of products to bring home throughout the classes.

DIY Make-N-Takes!

Age: 18 & up

Dates: Friday, 2/7 or 5/1
Saturday, 2/8 or 5/2

Time: 10:00 am -11:30 am

Location: Wm. Talley Rec Center

Instructor: Aleena Steele

Fee: \$15

DIY gifts are a special gift for anyone on your list for Valentine's Day, Mother/Father's Day, birthday's, anniversary's, teacher appreciation, etc! Customize each DIY to your own taste in scent and essential oil preferences. Aleena will teach you, step by step, how to make your own DIY Gifts. All the supplies and materials are provided. The \$15 fee includes your choice of any 3 DIY Gifts. More gifts are available for purchase during the class while supplies last for \$5 per gift. Gifts may include Sprays, Scrubs, Bath Salts, Lip Balm, Lotions, Hand Cleaners, Roller Bottles to support digestion, calm/anxiety/stress, head tension and more!



ABOUT THE INSTRUCTOR

Aleena Steele has been teaching the basics of essential oils in and around the Frederick area for several years. After retiring from her 12 year career as a pharmacy technician, Aleena discovered the natural balance between western medicine and essential oils. She believes in using essential oils as a first line of defense when it comes to her family's health. Aleena's goal is to give you tools so you have more options when it comes to the healthcare of your family. For any questions about the classes please email Aleena at: doTerraOilsWithAleena@gmail.com.



**BANG WITH
BRENDA
TUESDAYS 7PM
@WM TALLEY REC CENTER**



**BANG WITH
JOHANNA
THURSDAYS 7PM
@WM TALLEY REC CENTER**



**BANG is a mixed fitness group exercise class with
HIIT training and some serious attitude.**

**BANG is for anyone who just wants to move, sweat and have fun.
Any age, any body shape, any fitness level.**

BE FIERCE. BE FIT. BE FREE.

**BANG™ Power Dance
with Brenda**

Ages: 16 & up
Dates: Tuesdays, 10/22 to 12/10
Time: 7:00 pm - 8:00 pm
Location: Wm. Talley Rec Center
Instructor: Brenda Campbell
Fee: \$40 city / \$45 non city (8 week course)
Walk-in fee: \$6 city/\$7 non city (per class)

**BANG™ Power Dance
with Brenda**

Ages: 16 & up
Dates: Wednesdays, 11/13 to 12/18
Time: 6:00 pm - 7:00 pm
Location: Whittier Rec Center
Instructor: Brenda Campbell
Fee: \$30 city / \$35 non city (6 week course)
Walk-in fee: \$6 city/\$7 non city (per class)

**BANG™ Power Dance
with Johanna**

Ages: 16 & up
Dates: Thursdays, 11/14 to 1/9
(no class on 11/28)
1/23 to 3/12
Time: 7:00 pm - 8:00 pm
Location: Wm. Talley Rec Center
Instructor: Johanna Rollins
Fee: \$40 city / \$45 non city (8 week course)
Walk-in fee: \$6 city/\$7 non city (per class)

Fitness & Zumba

Adult Exercise Class 50+ Total Body Basics

Age: 50 & up

Dates: Tuesdays and Thursdays, ongoing

Time: 9:00 - 10:00 am

Location: Wm. Talley Rec Center

Instructors: Tuesdays, Kim Burdette / Thursdays, Stephen Ames

Walk-in Fee: \$1 city/ \$2 non city

This low impact, moderately intense class will work on improving mobility, stability, muscle tone, endurance, breathing, flexibility and overall fitness health. Have more energy throughout the day to finish errands, chores or enjoy time with your friends and family!

On Thursdays, participants will specifically:

- develop agility moving in every direction
- develop an understanding of proper movement mechanics
- learn how to stabilize movement properly to avoid injury

Come and enjoy exercising to music, interaction with your friends, or find some new exercising buddies. You will get a terrific workout!

Freedom Barre® **with Michele**

Ages: 16 & up

Dates: Tuesdays, 10/22 to 12/10;

12/17 to 2/18

(no class 12/24 and 12/31);

2/25 to 4/14

Saturdays, 11/9 to 12/28;

1/4 to 2/22;

2/29 to 4/18

Time: Tuesdays, 6:00 pm - 7:00 pm

Saturdays, 9:30 am - 10:30 am

Location: Wm. Talley Rec Center

Instructor: Michele Duke

Session Fee: \$40 city / \$45 non city
(8 week course)

Walk-in Fee: \$6 city / \$7 non city (per class)

Freedom Barre® is not your traditional barre class. It is a strength training class focusing on strength, balance and flexibility using low weight as an option. There is a ballet aesthetic to this class, but you do not need to be a dancer to feel comfortable with this format or to achieve results. This class uses a mix of music including classical, jazz, R&B and Motown. Wm. Talley Rec Center has mats in studio for floor work, however you may bring your own mat if you prefer.

No shoes or socks for this class, unless shoes are needed for medical reasons. We are limited on hand weights. If you have hand weights to bring, please make sure they are no heavier than 2.5 lbs. each. This class is intense and will give you the results you are looking for in a fully toned and balanced body. I hope you will join me!



Zumba® with Nikki

Ages: 16 & up

13 to 15 with a registered parent

Dates: Thursdays, 12/5 to 1/30 (no class 12/26);

2/13 to 4/2

Time: 6:00 pm - 7:00 pm

Location: Lincoln Rec Center

Instructors: Nikki Sussman

Session Fee: \$40 city / \$45 non city (8 week course)

Walk-in Fee: \$6 city / \$7 non city (per class)

PERFECT FOR

Everybody and every-body! Each Zumba® class is designed to bring people together to sweat it on.

HOW IT WORKS

We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

BENEFITS

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Zumba® Toning with Nikki

Ages: 16 & up

13 & up with a registered parent

Dates: Tuesdays, 11/26 to 1/28 (no class 12/24 and 12/31);

2/11 to 3/31

Time: 6:00 - 7:00 pm

Location: Lincoln Rec Center

Instructors: Nikki Sussman

Session Fee: \$40 city / \$45 non city (8 week course)

Walk-in Fee: \$6 city / \$7 non city (per class)

PERFECT FOR

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

HOW IT WORKS





The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

BENEFITS

Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Walk-in Fitness Classes

Walk-In Fitness Class Schedule – Winter 2019 (effective 11/15/19)

-Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45am City Cycle & Abs* Hall of Fame (Evie Burge)	6-7am Power Sculpt MPRL3 (Lora Scott)	5:45-6:45am City Cycle & Abs* Hall of Fame (Kelly Jarvis)	6-7am Power Sculpt MPRL3 (Lora Scott)	5:45-6:45am City Cycle & Abs* Hall of Fame (Evie Burge)	8:15-9:15am City Cycle & Abs* Hall of Fame (Sandra Troutman)
9:30-10:30am Cardio Sculpt MPRL3 (Darlene Posey)	9:30-10:30am Fun Functional Fitness MPRB (Nanette Tummers)	8:15-9:15am Interval Training 50+ MPRL3 (Darlene Posey)	9:30-10:30am Fun Functional Fitness MPRB (Nanette Tummers)		8:30-9:30am Gentle Flow Yoga MPRB (Caroline Stevens)
9:30-10:30am City Cycle & Yoga* SPOGA Hall of Fame (Nanette Tummers)	10:15-11:15am Gentle Yoga MPRL3 (Stacey Brown)	10:15-11:15am Beginner Yoga MPRB (Stacey Brown)	11:15am-12:15pm Flow 1/ 2 Yoga MPRB (Kristi Brownlow)		9:30-10:30am Power Sculpt MPRL3 (Lora Scott)
9:30-10:30am Gentle Yoga MPRB (Stacey Brown)			4:15-5:15pm Tone it Up! MPRB (Darlene Posey)	6-7pm Mixed Level Flow Yoga MPRB (Caroline Stevens)	10:45-11:45am Pilates MPRB (Lora Scott)
4:15-5:15pm Tone it Up! MPRB (Darlene Posey)		5-6pm Torso Training MPRB (Theresa Thomas)	5-6pm Bottoms Up/ Abs Down MPRL3 (Theresa Thomas)		11am-12noon 3,2,1 RPPED CIRCUIT MPRL3 (Sandra Troutman)
5-6pm Bottoms Up/Abs Down MPRL3 (Theresa Thomas)	5:15-6pm City Cycle Hall of Fame (Dave Handy)	5:15-6pm City Cycle & Yoga* SPOGA Hall of Fame (Nanette Tummers)	6-7pm Gentle Flow Yoga Hall of Fame (Nanette Tummers)	Stop by the Front Desk to get your Automated Punch Card! Fitness Center Members Per class: \$3 city / \$6 non city 10 class Fitness Pass: \$10 city / \$20 non city 15 class Fitness Pass: \$14 city / \$28 non city 25 class Fitness Pass: \$20 city / \$40 non city Non - Members Per class: \$3 city / \$6 non city 10 class Fitness Pass: \$25 city / \$50 non city 15 class Fitness Pass: \$37 city / \$74 non city 25 class Fitness Pass: \$60 city / \$120 non city Find the latest class schedules & updates on our website: www.cityoffrederick.com *We recommend that you sign up in advance for all cycle classes. Call 301-600-1450 to sign up	
6-7pm Gentle Flow Yoga Hall of Fame (Stacey Brown)	6-7pm Pilates MPRL3 (Lora Scott)	6-7pm DJ-ercise MPRL3 (Marcia Fortunato)	6-7pm Resistance Training MPRB (Marcia Fortunato)		
6-7pm Body Thrive MPRB/gym (Theresa Thomas)		6-7pm Gentle Flow Yoga MPRB (Stacey Brown)	6-7pm Body Thrive MPRL3 (Theresa Thomas)		
6-7pm DJ-ercise MPRL3 (Marcia Fortunato)					

Walk-in Fitness Classes

Walk-in Fitness Class Descriptions

3, 2, 1 RIPPED CIRCUIT

An interval based class that combines cardio, strength training and abs in a highly motivational environment. Participants will complete 2-3 rounds of each exercise segment as they progress through class. Ideal for all fitness levels.

BODY BLAST & BODY THRIVE

This high-powered, total body, conditioning workout set to music works all the major muscle groups of the body using some or all of the following: dumbbells, body bars, resistance tubing, stability ball, step platform and your own body weight. This workout will build your strength and endurance. All fitness levels welcome!

BOTTOMS UP/ABS DOWN

Toning of Glutes and Abs

CARDIO SCUPLT

Low impact aerobics, strength training and core work.

CITY CYCLE

Bring your outdoor ride indoors! You'll enjoy pumping music, a safe, high intensity cardiovascular workout all on an indoor bike. We use brand new Matrix IC4 bikes and you're guaranteed to work up a sweat and have fun doing it! ***sign up required

CITY CYCLE & YOGA

Spoga! Challenging fun cycle class for 40 minutes with instruction that gives you choices to meet your individual goals. Followed by simple accessible yoga that will complement any goals: flexibility, balance, improved strength, focus, stress management and emotional well being.

FUN FUNCTIONAL FITNESS

Uses slow mindful movement that has been shown to enhance physical fitness, coordination, posture, body awareness and function in everyday activities with less pain and with ease but also enhance emotional well being, resiliency and brain power! We will move with a fun easy and accessible to all mash up of: yoga, core engagement, ballet and simple movement patterns.

INTERVAL TRAINING (50+)

A combination of cardio and strength training geared towards adults over 50. Appropriate modifications will be made to give you a challenging and safe strength and cardio interval training class.

DJ-ERCISE

An energetic workout that combines high/low aerobic dance steps to great music. Get ready to walk, march, skip and dance to the best tunes from past hits and today's top favorites. This cardio workout will help you to lose weight, tone muscles and improve the quality of life while burning calories in a fun way.

PILATES

Class focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine.

POWER SCULPT

A total body workout that incorporates the use of light, medium, and heavy weights for a combination strength and cardio workout.

RESISTANCE TRAINING

Exclusively a strength training class using free weights, resistance balls, resistance bands. Come ready to lift!

TONE IT UP!

High/Low impact cardio, resistance training, core and stretching

TORSO TRAINING

Torso Training incorporates muscle groups from waist up, pushing, pulling and rotating. Working muscles used daily with movements involving walking, running, jumping and sitting. Focusing on core, while simultaneously strengthening surrounding muscle groups.

BEGINNER YOGA (50+)

This class is intended for adults 50 and older or people brand new to the yoga practice. We will start out with some basic movements and go through some basic beginner Yoga poses. There will be a few challenging poses as well if you want to be challenged, although this is not required! We will end with a cool down and a soothing relaxing meditation. No experience required.

GENTLE YOGA/GENTLE FLOW

A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Focus is on basic poses, breath and alignment. Standing balance poses will be practiced minimally and modifications will be provided. A great next step if you have been practicing beginner yoga.

FLOW 1/2

These classes are designed to introduce new and continuing students to the foundations of alignment, breath work, primary poses, sequences and variations. Level 1/2 is intended for the student who has practiced yoga before, and is good for the student who wants to build on their yoga practice. If you are brand new to yoga, we recommend starting with the Beginner or Gentle Yoga class.

MIXED LEVEL FLOW YOGA

Builds on the foundations of FLOW 1/2, but with additional poses and challenges for the intermediate to advanced yoga practice.

Walk-in Fitness Classes

The Walk-In Fitness Class Schedule is now a quarterly schedule. Refer to Talley Desk or visit www.cityof frederickmd.gov for exact schedule. Scan the QR code for a direct link to our website.



ALL OF OUR FITNESS CLASSES CONTAIN ORIGINAL CHOREOGRAPHY BY THE INSTRUCTORS. USE YOUR AUTOMATED PUNCH CARDS TO PARTICIPATE IN CLASSES!

Here is what you need to know!

- 1) The automated punch cards resemble the Talley Fitness Center membership cards. If you are currently a fitness center member and have a membership card you will be able to use your existing card to load/purchase new punches. If you are not a member you can purchase your card at the front desk.
- 2) Once you have obtained your automated punch card you will be able to purchase and load additional classes onto your existing card as required.
- 3) Each time you enter the facility to participate in a Walk-In Fitness Class you will need to swipe your card at the front desk. One credit/punch will be used on your automated punch card.

- 4) You will still be required to sign the sign-in sheet upon entering your class. Please leave your card on the table next to the sign-in sheet and ENJOY THE FITNESS CLASS.
- 5) At the conclusion of the class, please be sure to pick-up your card on the way out.
- 6) If you intend to take another class before leaving the facility for the day, please be sure to stop by the desk again to "swipe in" for that class.
- 7) You can still pay for a 1 time class visit as well. Please stop by the front desk upon entering the building and pay for the class at that time. The front desk staff will issue you a "1 time pass" that you will present to the instructor.

Walk-in Fitness Class Fees - Valid for all Fitness Classes Fitness Center Members

Per class: \$3 city / \$6 non city
10 class punch Card: \$10 city / \$20 non city
15 class punch Card: \$14 city / \$28 non city
25 class punch Card: \$20 city / \$40 non city

Non - Members

Per class: \$3 city / \$6 non city
10 class punch Card: \$25 city / \$50 non city
15 class punch Card: \$37 city / \$74 non city
25 class punch Card: \$60 city / \$120 non city



#CITYCYCLE

**SAFE
STRONG**

SPINNING

Introducing
**CITY
CYCLE**

William Talley Rec Center

- Starting in September
- Regular weekly classes
- \$3 city/\$6 non-city resident

*Check the schedule for
class times.*

William Talley Fitness Center

121 North Bentz Street, Frederick, MD 21701 • 301-600-1450

Amenities

Cardio Vision
Stair Climbers
Upright and Recumbent Bikes
Treadmills
Ellipticals / Concept II Rower
BATCA equipment & Free Weights
Locker and Shower Facilities
Talley Trainers (by appointment)
Johnny G Krank Cycle by Matrix
TRX machine
Jacobs Ladder

Hours of Operation

Monday – Thursday 5:30 am – 9:30 pm
Friday 5:30 am – 8:00 pm
Saturday 8:00 am – 8:00 pm
Sunday 1:00 pm – 8:00 pm



Fee Schedule

- Monthly memberships are available by bank draft only
- Annual and Semi Annual memberships available

Membership Type	Monthly city resident	Monthly non city resident	Yearly city resident	Yearly non city resident
Adult (19 & up)	\$21	\$42	\$230	\$460
Family*	\$35	\$70	\$405	\$810
Senior (55 & up)/Military/ADA User	\$16	\$32	\$170	\$340
16 – 18 years	\$15	\$30	\$165	\$330
Corporate Memberships**	\$21/\$16**	N/A	\$230/\$170**	N/A

Pass Type	city resident	non city resident	city resident	non city resident
10 visit punch pass, 16-18 years	\$18	\$36	N/A	N/A
10 visit punch pass, adult	\$35	\$70	N/A	N/A
10 visit punch pass, senior	\$18	\$36	N/A	N/A
Yearly Gymnasium Only pass, must be at least 9 yrs.	N/A	N/A	\$75	\$100

* Family memberships consist of Participant, Spouse and dependent children only – NO EXCEPTIONS!

** Business must be located within City limits. Please refer to Corporate membership qualifications for details.

Daily Guest Passes available to the Fitness Center....come check us out.

Childcare Hours of Operation (Ages 3 months to 8 years old)

Monday - Friday: 9:00 am to 12:00 pm


celebrate
FREDERICK
PRESENTS



"WARMING UP" BY BERNADETTE MILLER

HOLIDAY ART
COMPETITION
DECEMBER 4

SCENTS & SWEETS
COMPETITION AND
AUCTION
DECEMBER 5

CANDLELIGHT HOUSE
TOUR
DECEMBER 7 & 8

KRIS KRINGLE
PROCESSION

SPONSORED BY
FREDERICK COUNTY BANK
DECEMBER 13

FESTIVAL OF LIGHTS
SPONSORED BY
FRIENDS MEETING SCHOOL
DECEMBER 20

CelebrateFrederick.com
301-600-2841

EVENT PARTNER CARILLON SPONSOR



BGE HOME

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Facilities and Parks

BUTTERFLY RIDGE ELEMENTARY RECREATION CENTER

At Butterfly Ridge Elementary School, 601 Contender Way
Frederick, MD 21703, 240-566-0406

LINCOLN ELEMENTARY RECREATION CENTER

At Lincoln Elementary School, 200 Madison Street,
Frederick, MD 21701, 301-600-6904

WHITTIER ELEMENTARY RECREATION CENTER

At Whittier Elementary School, 2400 Whittier Drive,
Frederick, MD 21702, 301-600-2748

TRINITY RECREATION CENTER

6040 New Design Rd., Frederick, MD 21703, 301-600-3844

THOMAS JOHNSON MIDDLE RECREATION CENTER

At Gov. Thomas Johnson Middle School, 1799 Schifferstadt Blvd., Frederick, MD 21701, 240-236-4906

Rental hours are available for the following sites.

To complete an application, please visit

www.cityoffrederickmd.gov

Submit completed applications to

acoleman@cityoffrederickmd.gov

DO YOU HAVE A SPECIAL SKILL OR CERTIFICATION?

Have you always wanted to share this skill with adults or children, dreamed about teaching a class and now you finally have the time?

Contact one of the Recreation Supervisors on the back of this brochure to discuss your special talent, the City of Frederick is always looking for new classes to offer.



PARK PAVILIONS & BANDSHELL

Yard Sale permits

\$25 city / \$50 non city

Pavilions:

Small pavilions and/or pavilions with no restrooms: Amber Meadows, Baughman's Babee, Catoctin Avenue, E. 3rd Street, Gazebo, Grove, Hillcrest, Sagner, and Stonegate

\$20 city / \$40 non city

Medium pavilions:

Greenleaf, Lake Coventry, Monarch Ridge, South End, Walnut Ridge, Whittier Lake and Willow Brook

\$30 city / \$60 non city

Large pavilions:

Amber Meadows, Carrollton, College Estates, Harmon, Hill Street, Mullinix, Maryvale, Overlook, Riverwalk, & Rosedale

\$50 city / \$100 non city

Monocacy Village and Staley Park Pavilions

\$75 city / \$150 non city

Bandshell

\$125 city / \$250 non city

This fee will be charged whether or not there is music.

(Note: there are many stipulations to using the bandshell, please refer to policy & regulations in the application package.)

Bandshell restrooms ONLY (when available)

\$15 city / \$30 non city

Carroll Creek Urban Park:

Amphitheater:

city = \$40 / hour OR \$200 / day

non city = \$80 / hour OR \$400 / day

Trellis:

city = \$30 / day

non city = \$60 / day

Larger Creek Area:

city = \$500 / day

non city = \$1,000 / day

(Completed park between South Market and Carroll Streets)

¼ Section of Park:

city = \$125 / day

non city = \$250 / day

(¼ Section defined as: NW, SW, NE of Suspension Bridge)

Facilities and Parks

BALL FIELDS, TENNIS, BASKETBALL & HOCKEY COURTS

McCurdy Field*

Daily w/o lights - city \$200 / non city \$400

Daily w/lights - city \$350 / non city \$700

Established Leagues (city only):

Daily w/o lights - \$10 per hour

Daily w/lights - \$25 per hour

Loats Field*

Daily w/o lights - city \$125 / non city \$250

Daily w/lights - city \$175 / non city \$350

Established Leagues (city only):

Daily w/o lights - \$5 per hour

Daily w/lights - \$25 per hour

*Conditions apply, call for details

Field User Fees

\$3.50 per hour city / \$7 per hour non city – for all hours incurred

Colleges / Schools - \$25 per hour city / \$50 per hour non city

Lights for sports fields

\$25 per hour city / \$50 per hour non city

Tennis Courts

Time Slots = 6 am -12 noon, 12 noon - 4 pm, 4 pm - 10 pm

city - \$10 per time slot per court / non city \$20 per time slot per court

Basketball Courts

city - \$10 per day / non city - \$20 per day

Raindate cost same as rental rate(s)

Inline Hockey Courts

Riverwalk and/or Hill Street courts only - \$25 city / \$50 non city

Parking Lots (per day / when available)

Small (25 - 50 spaces) = \$50 city / \$100 non city

Medium (51 - 100 spaces) = \$100 city / \$200 non city

Large (101+) = \$200 city / \$400 non city

For field reservations and information, contact Sarah Stamper at 301-600-1173 or [sstamper@cityoffrederickmd.gov](mailto:ssstamper@cityoffrederickmd.gov)

WILLIAM TALLEY RECREATION CENTER

A Security Deposit is required and will vary depending on the type of event. It will range between \$500.00 and \$1,000.00.

Additional Security Deposit will be required for events having alcohol (not to exceed \$2,500.00).

Gymnasium:

Sporting Event = \$ 250 city / \$ 500 non city

Non-sporting Event = \$ 300 city / \$ 600 non city

½ Gymnasium (one court) = \$ 20 per hr city / \$ 40 per hr non city

Kitchen:

\$100 city / \$ 200 non city

Meeting Rooms:

(\$20.00 - \$100.00 depending upon room and residency)

Multi-purpose Room B (MPB) = \$50 city / \$100 non city

29th Division Room (29th) = \$20 city / \$40 non city

Classroom A (CrmA) = \$20 city / \$40 non city

Classroom B (CrMB) = \$20 city / \$40 non city

Conference Room (ConRm) = \$20 city / \$40 non city

Historic Room (HistRm) = \$20 city / \$40 non city

Nature Room (NatRm) = \$20 city / \$40 non city

Multi-purpose Room 3 (MPR3) = \$50 city / \$100 non city

Babysitting Room (BR) = \$35 city / \$70 non city

Equipment:

Tables / 8' long = \$10.00 / each

Chairs / folding = \$2.00 / each

For reservations and information, contact our Program

Registration and Facility Reservation Desk at 301-600-1492.

**FOR RESERVATIONS & INFORMATION,
CONTACT OUR PROGRAM REGISTRATION AND FACILITY
RESERVATION DESK AT 301-600-1492**

INTERESTED IN PARK RENTALS?

Winter will pass by before you know it, don't forget to reserve a park for your family reunion, picnic, party, corporate function, etc...

**Contact 301-600-1492
or visit our website to view
the Parks Manual and get
an application.
www.cityoffrederickmd.gov**





READY FOR *Summer*



PROGRAMS INCLUDE:

NEW Day Camp location at Butterfly Ridge

NEW Playground Program location
at Willow Brook Park

Additional eSport & Outdoor
Education Programs

Whittier & Talley Day Camps

Tennis Camps & Instruction

Summer Playground Program

JCT Program

Specialty Camps

Sports Camps

Swim Instruction &
Pool Schedules

AND MUCH MORE!

**Registration begins in early
March for summer programs!**

Interested in working this summer?

The Frederick City Recreation department is
looking for summer staff. Look in February for
job opportunities at www.cityoffrederickmd.gov

Check out www.cityoffrederickmd.gov



FREDERICK
PARKS & RECREATION

REDUCED REGISTRATION PROGRAM

50% off selected programs for
City of Frederick residents who qualify

See reverse for more information

Ciudad de Frederick Departamento de Parques y Recreacion

PROGRAMA DE DESCUENTO PARA REGISTRARSE (RRP)

El Departamento de Parques y recreacion de la ciudad de Frederick se complace en anunciar el programa de descuento para algunos programas. Este programa ayuda con reduccion del 50 % para ciertas actividades para jovenes menores de 18 años

.....

DETALLES DEL PROGRAMA:

- 1** Lugar y Horario: William Talley Center localizado en 121 North Bentz Street. Se aceptan inscripciones de Lunes a Viernes de 8:30 am a 6:30 pm

Note que el programa de reduccion no esta disponible electronicamente (on line)

- 2** Requisitos - Los interesados deben proporcionar prueba de elegibilidad para calificar y llenar ciertos requisitos de acuerdo con uno de los siguientes criterios

A. Aquellos que reciben almuerzo gratis en las escuelas del condado de Frederick
Proveer prueba de residencia de la Ciudad

i. Se acepta la licencia de Manejar o ID otorgada por el MVA, recibo de agua o Electricidad

ii. Carta de las escuelas del condado de Frederick demostrando que recibe almuerzo a precio Reducido.

B. Aquellos que reciben asistencia a traves del programa de alimentos suplementarios (FSP) o asistencia monetaria temporal(TCA)

Proveer prueba de residencia de la ciudad

i. Se acepta la licencia de Manejar o ID otorgada por el MVA, Recibo de agua o electricidad

ii. Tarjeta anaranjada de independencia del Servicio social del condado de Frederick

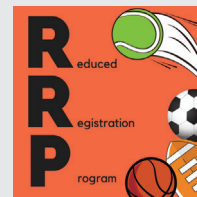
C. Debe vivir en una de las tres comunidades de asistencia publica (Carver, Lincoln o Lucas Village) propiedades de Housing Authority de la ciudad de Frederick.

i. Proveer prueba de residencia de una de las comunidades Carver, Lincoln o Lucas village. Se acepta la Licencia de Manejar o ID otorgada por el MVA, recibo de agua o Electricidad.

3 Programas que califican para Invierno

1. Winter Tennis
2. Golden Knights Karate
3. Little Hoops Basketball
4. Line Dancing Instruction
5. Youth Soccer - Spring Registration

LOOK FOR THIS LOGO, FOR PROGRAMS THAT APPLY!



INTERESADO EN ALQUILER DE PARQUES?

El invierno pasará antes de que te des cuenta, no olvide reservar un parque para su reunión familiar, picnic, fiesta, función corporativa, etc ...

Contacto 301-600-1492
o visite nuestro sitio web para ver el Manual de Parques y obtener Una aplicación.
www.cityoffrederickmd.gov

The City of Frederick Parks and Recreation Department **REDUCED REGISTRATION PROGRAM (RRP)**

The City of Frederick Parks and Recreation Department is pleased to announce the Reduced Registration Program. The program will enable eligible youth under the age of 18 to receive 50% off pre-identified programs.

PROGRAM DETAILS:

① All registration will be taken at the Wm. Talley Recreation Center Registration Desk, located at 121 North Bentz Street. Registration will be accepted Monday through Friday from 8:30 am to 6:30 pm. Please note, Program Registration WILL NOT be available online at this time.

② Eligibility and Qualification - Interested citizens must provide proof of program eligibility in accordance with one of the criteria listed below:

A. Eligible to receive free or reduced price lunch through Frederick County Public Schools.

i. Must provide proof of City residency.
Accepted forms of proof are a driver's license (or MVA issued ID), water bill or electric bill.

ii. Must provide letter issued by FCPS that they are eligible to receive free or reduced lunches in Frederick County Public Schools.

B. Live in household receiving benefits for the Food Supplement Program (FSP) or Temporary Cash Assistance (TCA)

i. Must provide proof of City residency.

Accepted forms of proof are a driver's license (or MVA issued ID), water bill or electric bill.

ii. Must provide orange Independence Card issued by the Frederick County Department of Social Services.

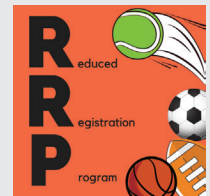
C. Live in one of the three public housing communities (Carver, Lincoln or Lucas Village) owned by the Housing Authority of the City of Frederick.

i. Must provide proof of residency within Carver, Lincoln or Lucas Village housing communities.
Accepted forms of proof are a driver's license (or MVA issued ID), water bill or electric bill.

③ Qualifying Programs Winter 2019-20

1. Winter Tennis
2. Golden Knights Karate
3. Little Hoops Basketball
4. Line Dancing Instruction
5. Youth Soccer - Spring Registration

LOOK FOR THIS LOGO, FOR PROGRAMS THAT APPLY!



IT IS NOW EASIER FOR YOU TO ENJOY WHAT WE HAVE TO OFFER!



On-line registration available!

To register for all of your favorite programs, visit:
www.activityreg.com

Información de registro y reglamentos



El Departamento de Parques y Recreación de la Ciudad de Frederick **FORMULARIO DE REGISTRO DEL PROGRAMA** *Regístrese electrónicamente en www.activityreg.com*

Participante de clase

Nombre _____ D.O.B. _____ Género: M / F

Dirección _____ Ciudad _____ estado _____ Código Postal _____

Email _____ teléfono (casa) _____ (celular) _____

Contacto de emergencia: _____ teléfono: _____

Nombre del programa / clase	Fecha y hora	Precio

Total Amount \$ _____

Coloque en Drop Box o envíe por correo el formulario completo y la información de la tarjeta de crédito / cheque a:

Parques y Rec. De la ciudad, 121 North Bentz Street, Frederick, MD, 21701, c / o Registro de clase (cheques a nombre de "City of Frederick")

Información de tarjeta de crédito:

Nombre del titular de la tarjeta: _____ Firma: _____

____ Visa ____ Master Card Número de cuenta: _____ Código CVV de 3 dígitos: _____ Exp. Fecha: _____

Autorización para el uso de imágenes fotográficas: Acepto permitir que el Departamento de Recreación de la Ciudad de Frederick tome y utilice fotos, diapositivas e imágenes de video de los individuos registrados anteriormente con el propósito de promover y publicitar los programas del Departamento. SI prefiero no permitir que se fotografíen a los individuos registrados anteriormente, llamaré al Departamento de Recreación al 301-600-1492 para informarles sobre esta solicitud.

(Firma del padre / tutor si el participante es menor de 18 años)

Fecha

Informacion para registrarse y Reglamentos

Regístrese electrónicamente www.activityreg.com

Como Registrarse: (1) Electrónicamente www.activityreg.com
(2) Por Telefono al 301-600-1492. (3) Por correo a The City of Frederick
Parks and Recreation Department , 121 North Bentz Street, Frederick,
MD 21701, c/o class Registration. (4) En persona en el Wm talley Rec.
center 121 N. Bentz St.

Registrarse con anticipacion: Por favor no espere hasta el dia
anterior a las clases para registrarse ya que tenemos que hacer
preparaciones para las clases con una semana de Adelanto,
recuerde que tenemos que preparar y asignar salones,
instructores , materiales y no podemos esperar hasta el ultimo
momento. Apreciamos su consideracion.

Confirmacion: No se envia confirmacion, solamente se notificara
si hay algun problema al registrarse o si la clase esta llena o si se
ha cancelado. Por favor tenga presente la fecha cuando la clase
empieza.

Reembolso: Si solicita reembolso porque tiene que cancelar tiene que
hacerlo por escrito al respective supervisor de recreacion y tenemos que

recibirla con cinco dias habiles antes de empezar la clase. \$5 de proceso
se cargara para todo reembolso. Despues de la fecha limite no se haran
reembolsos.

Formas de Pago: Aceptamos Efectivo, Cheques pagados a The city of
Frederick, Tarjetas de Credito Visa o Master Card.

Cheques Devueltos: Una tarifa de \$25 se cobrara por cheques con
fondos insuficientes.

Cancelacion de Programas: Se pueden cancelar por insuficiencia de
participantes , por clima inclemente, por conflicto con horario escolar
o emergencia. En caso de clima inclemente escuchar la Radio local o
llamar al 301-600-6972 y si es cancelada por el clima se hara lo possible
para volver a programar. No se da reembolso para clases reprogramadas.

Disciplina: El departamento de recreacion de la Ciudad de Frederick
tiene Normas de Disciplina para todos los participantes. Si se pide que
deje el programa o la facilidad no se dara reembolso.

Registration Information & Policies



The City of Frederick Parks & Recreation Department **PROGRAM REGISTRATION FORM**

Register on-line at www.activityreg.com

Class Participant Name _____ D.O.B. _____ Gender: M / F
Street Address _____ City _____ State _____ Zip _____
E-mail _____ Phone (H) _____ (Cell) _____

Emergency Contact: _____ Phone: _____

Program/Class Name	Date & Time	Fee

Total Amount \$ _____

Place in Drop Box or mail completed form and check/credit card information to:

City Parks and Rec, 121 North Bentz Street, Frederick, MD, 21701, c/o Class Registration (checks made payable to "City of Frederick")

Credit Card Information:

Card Holder Name: _____ Signature: _____

___ Visa ___ Master Card Account Number: _____ 3 Digit CVV code: _____ Exp. Date: _____

Authorization for use of Photographic likeness: I agree to allow the City of Frederick Recreation Department to take and utilize photos, slides and video images of the above registered individual(s) for the purpose of promotion and publicizing of the Department's programs. IF I prefer to not allow the above registered individual(s) to be photographed, I will call the Recreation Department at 301-600-1492 to inform them of this request.

(Parent / Guardian's signature if participant is under 18 years of age Date _____

Registration Information & Policies

Register on-line at www.activityreg.com

How to Register: (1) On-line at www.activityreg.com (2) By calling 301-600-1492. (3) By mail to The City of Frederick Parks and Recreation Department, 121 North Bentz Street, Frederick, MD 21701, c/o Class Registration. (4) Walk-in registration at the Wm. Talley Rec Center at 121 N. Bentz St.

Register Early: Please do not wait until the day before the classes, or the day of classes to register. Class decisions are made about one week before the class is scheduled to start. Help keep our classes going by signing up early. Remember we are scheduling rooms, instructors, getting materials in many cases, we cannot wait until the day the class starts to finalize those decisions. We appreciate you consideration.

Registration Confirmation: Confirmation will not be sent. You will only be notified if there is a problem processing your registration, if the program is full or if the program is cancelled. Please make note of the program start date.

Refund Policy: Request for refunds due to withdrawal from a program must be made in writing to the respective Recreation Supervisor, and must be received no later than Five Business Days prior to the start of

the program (unless stated otherwise for a program). A \$5 processing fee will be charged for all refunds. After the established refund deadline, no refunds will be issued except in cases of medical emergency, in which participant must submit a letter and doctor's note to the Recreation Supervisor within 4 weeks of the class starting date.

Payment Options: We accept cash, check (made payable to "City of Frederick"), Visa or Master Card

Returned checks: A \$25 fee will be charged for checks returned for non-payment.

Program Cancellations: May take place due to insufficient registration, school conflicts and/or closings (holidays, inclement weather, emergencies, etc.). In the event of inclement weather, listen to your local radio stations or call 301-600-6972. If a program/class is cancelled due to the weather every effort will be made to reschedule the missed class. Refunds will not be granted for rescheduled classes that are missed due to conflicts with personal schedules.

Discipline: The City of Frederick Recreation Department has a discipline policy for all program participants. In the event the participant is asked to leave a program/facility, no refund will be issued

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Adult Sports pg. 6



Gymnastics pg. 15



eSports pg. 10



Everything Oils pg. 24



Youth Sports pg. 5

Parks and Recreation

Department Staff Contacts

121 N. Bentz Street • Frederick, MD 21701
301-600-1492 • www.cityoffrederickmd.gov

Bob Smith, Deputy Director

301-600-1902 - bsmith@cityoffrederickmd.gov

Sarah Stamper, Office Manager

301-600-1173 - ssamper@cityoffrederickmd.gov

Alex Coleman, Recreation Supervisor /

Celebrate Frederick Volunteer Coordinator

301-600-3844 - acoleman@cityoffrederickmd.gov

Sean Poulin, Recreation Supervisor

301-600-3846 - spoulin@cityoffrederickmd.gov

Jennifer Mogus, Recreation Supervisor

301-600-6238 - jmogus@cityoffrederickmd.gov

Catherine Effland,

Talley Center Supervisor /

Recreation Supervisor – Marketing & Membership Services

301-600-3850 - ceffland@cityoffrederickmd.gov

Scott Geasey, Parks Superintendent

301-600-3857 - sgeasey@cityoffrederickmd.gov

Jennifer Martin, Celebrate Frederick Development Supervisor

301-600-2845 - jmartin@cityoffrederickmd.gov

Hailey Johnson, Events Coordinator

301-600-2844 - hjohnson@cityoffrederickmd.gov

Cancellation and Information Line, 301-600-6970
Clustered Spires Golf Course, 301-600-1295



Program Registration & Facility Reservation Desk
301-600-1492 • Fax 301-600-2851
Talley Center Desk • 301-600-1450

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